

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for May 14 is plastic, glass and metal. Put items in blue bags and place them on the curb.



New postal rates

Effective May 12, the U.S. Postal Service's mailing rates will increase. For example, stamps for first-class mail will cost 42 cents.

The Postal Accountability and Enhancement Act, which was signed into law in 2006, allows the postal service to annually adjust postage rates each May.

For more information and new rate tables, visit www.usps.com/prices.

May 10 electrical work will impact traffic

Electrical lines will be installed at building 120 on the morning of May 10, impacting traffic on Aberdeen Boulevard, Longs Corner Road, Plumb Point Loop and Collieran Road.

Traffic will form single lanes on Aberdeen Boulevard and Longs Corner Road. Flagmen will control the traffic flow. Single lane traffic will be maintained with as little interruption as possible; however, there will be short periods of total road closure while conductors are initially laid out and pulled in place.

Every effort will be made to minimize the closure times and the overall impact of the work. Emergency vehicles will be accommodated as necessary.

For more information, call Jerry L. Norris, DIO, 410-306-1159.

Blue Cross/Shield visits APG

The APG Advisory Center has made arrangements for a claim representative of the Service Benefit Plan Blue Cross/Blue Shield to visit May 13.

The representative will be available 9 to 11:30 a.m. in building 305, room 211 and 12:30 to 1:30 p.m. in building E-4520, Chemical Demilitarization Training Facility, Edgewood Area, to discuss claim problems and plan coverage. No appointment is necessary.

For more information, call Teri Wright, 410-278-4331.

ACS honors military spouses

In honor of "Military Spouse Appreciation Day," Army Community Service will have an information table, free Spouse

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Issue Highlights

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Page 12... Scientists, engineers mentor HCPS students; Health Notes

Community celebrates Earth and Arbor Day



APG Garrison Command Sgt. Maj. Pedro Rodriguez, third from left, looks on as Wayne Merkel, regional forester, Department of Natural Resources, holds a young tree steady as, from left, Richanda McNeil, 8; Cassandra Williams, 5; Germanie Lewis, 12; and Devin Beatty, 10, participate in a ceremonial tree planting during the APG Earth and Arbor Day Celebration near the BRAC Reforestation Site April 29.

Story and photos by
YVONNE JOHNSON
APG News

The Aberdeen Proving Ground community marked Earth and Arbor Day celebrations with tree plantings, environmental displays, poster contest awards and a Tree City U.S.A. presentation at the site of the BRAC Forest Mitigation Project near Gadsend Road in the Aberdeen Area April 29.

John Wrobel, Directorate of Safety, Health and Environment, hosted the event which included remarks by Tim McNamara, deputy to the APG Garrison commander, and Wayne Merkel, regional forester, Maryland Department of Natural Resources.

Wrobel said that the stewardship, conservation and restoration of the environmental resources at APG are some of the visions of the U.S. Army Environmental Command which are exhibited in the reforestation effort.

"In addition to growing trees, today we celebrate the future with youths from our community who are here to

receive awards for their accomplishments in a poster contest whose theme is, Trees Breathe Life," Wrobel said. "Today we celebrate the people who care about trees and the people who plant them and nurture them to allow us to celebrate their value into the future."

McNamara said, the celebration gives us an opportunity to highlight protecting our environment and to review how trees do that in particular.

He reviewed how trees impact quality of life and said that, "as we follow the life cycle of trees throughout the year, it will help us renew our commitment as environmental stewards."

He congratulated the poster contest winners, telling them that "your fresh, young ideas make a difference."

"We look with pride on the re-forestation here," he added. "And we are proud to join ranks with surrounding Tree City USA communities."

Merkel congratulated McNamara and his staff for "the outstanding job they do here at APG."

See **TREES**, page 2

Area bikers invited to annual safety ride

Story by
ROGER TEEL
USAOC&S

"The ride is on! Start polishing your chrome," said Capt. Jacob Grabia, coordinator of the 61st Ordnance Brigade's annual Safety Day Ride set for May 21.

"The brigade has planned an awesome ride that will take us sixty miles," Grabia continued.

"The purpose of the ride is to promote safety while enjoying fellowship and a long ride."

The Army lost more than 20 Soldiers last year while operating their motorcycles. The organization is now laser beam-focused on its commitment to Soldier safety while operating any vehicle, especially motorcycles.

Grabia noted that the 60-

mile trek "is a long ride for folks that don't ride cruisers," but added they will stop for lunch at Ramsey's Harley Davidson near midpoint of the ride.

Open to every motorcyclist on Aberdeen Proving Ground, the safety ride will begin 8:30 a.m. at the Ball Conference Center (behind building 3071, the U.S. Army Ordnance Cen-

ter & Schools), with a welcome by Col. Bobby Towery, 61st Ordnance Brigade commander.

Safety officer Bob McNabb will present the U.S. Army Training and Doctrine Command's Safety Memorandum and Rider Agreement, followed by Wayne Price discussing membership and registration in the World Wide Rydaz, one of the first clubs authorized on

military installations.

The first portion of the ride follows. After lunch, bikers will return to the front of building 3071 for an after-action report and group photo.

"We're hoping to make this the largest APG ride in history," Grabia added. For more information or to RSVP by May 19, call Grabia, 410-278-4133; DSN 298-4133.

Monmouth holds grand opening for Maryland One-Stop Career Center

Story by
DEBBIE SHEEHAN
Fort Monmouth PAO

The grand opening of Fort Monmouth's One-Stop Career Center was held April 25 at Gibbs Hall, Fort Monmouth, N.J.

Andy Moser, assistant secretary, Division of Workforce Development, Maryland Department of Labor, Licensing and Regulation, served as master of ceremonies for the event.

The One Stop Career Center is part of what the state of Maryland is doing to show support for personnel considering relocation to Aberdeen proving Ground.

Moser said he and his team were on hand to make the transition easier for those who are thinking about moving to Maryland when Fort Monmouth closes in 2011 as part of the implementation of the 2005 Base Realignment and Closure Law.

"During the next few years, more and more members of



Photo by RUSS MESEROLL

The Maryland Transition One Stop Career Center is now officially open for business with two locations: one on Fort Monmouth at the First Atlantic Federal Credit Union, 1006 Alexander Avenue, and the other at the First Atlantic Credit Union, 468 Industrial Way West in Eatontown, N.J.

our world class workforce will be faced with the decision to relocate," said Maj. Gen. Dennis L. Via, commander, Communications-Electronics Life Cycle Management Command, in his opening remarks. "Questions and concerns about the Aberdeen area and the state

of Maryland are bound to come up with greater frequency."

Via said the best way to address those concerns is to speak with someone from the state of Maryland. He thanked the State of Maryland Department of Labor, Licensing and

See **ONE-STOP**, page 7

Brigade completes first year of PIE commitment

Story by
YVONNE JOHNSON
APG News

The 61st Ordnance Brigade marked the end of the first year of its Partnership in Education commitment to Edgewood High School with an award ceremony at the school's gym before an assembly of more than 100 students April 28.

Under PIE, military units adopt a school and coordinate with teachers and staff to provide educational support or assistance to its students.

After Headquarters and Headquarters

Company, 61st Ordnance Brigade company commander Capt. Jacob Grabia signed the PIE agreement in May 2007, he aggressively started the Army Strong Athletic Program for the school's athletic department in August.

"The Army Strong - Edgewood Strong program was developed jointly between the brigade and the school's administration to focus on physical fitness and teamwork, which are two essential attributes to have in today's Army," Grabia said. "This program has been overwhelmingly successful."

See **PIE**, page 7

Soldier Show makes first tour stop at APG

Story by
YVONNE JOHNSON
APG News

More than 2,000 Soldiers, civilians, veterans and Family members enjoyed a weekend of Army Entertainment as the 2008 U.S. Army Soldier Show put on its first road performance of the season at the Aberdeen Proving Ground post theater April 26 and 27.

In celebration of its 25th

anniversary, the show featured a variety of musical skits centered on a deployment background. The talented cast of 14 Soldiers sang and danced to popular tunes in rock, hip-hop, country and gospel and paid tribute to its past with the World War II tune "This is the Army Mr. Jones," which was written in 1942 by the show's founder, Irving Berlin.

A louvered wall stage back-

drop that featured signs bearing the names of Army posts and forward operating base locations used throughout the show helped set the tone of a field environment that never let the audience forget that these were Soldiers.

In addition, two 65-inch plasma screens framed the stage, playing a loop of sponsor video commercials, cast

See **SHOW**, page 13



<http://www.beemelon.com/html/faq/faq.html>

Blind Melon to open for ZZ-Top at APG's concert tour

Story by
RACHEL PONDER
APG NEWS

Blind Melon, a Grammy-nominated alternative rock group, will be coming to Aberdeen Proving Ground for the first time during the 2008 Army Concert Tour featuring ZZ-Top and special guest Blackberry Smoke June 22 at Shine Sports Field.

Tickets cost \$25 in advance and \$30 the day of the show. Gates open 6 p.m., and the show starts 7 p.m.

Fortickets, visit the Family and Morale, Welfare and Recreation Web site www.apgmwr.com; call 410-278-4907/4621/4110; TTY 410-278-4110; e-mail FMWR-LeisureTravel@apg.army.mil; or call Ticketmaster at 1-800-551-SEAT.

The concert is lawn seating, rain or shine and no refunds.

About Blind Melon

"I don't understand why I sleep all day, and I start to complain that there's no rain, and all I can do is read a book to stay awake and it rips my life away, but it's a great escape." Those are the lyrics to Blind Melon's well-known song, "No Rain," which was #1 on Billboard's Modern Rock Tracks in 1993. Blind Melon is much more than "No Rain" however, it is a group that has a loyal fan base and resilience despite the tragic death of lead singer Shannon Hoon in 1995.

Blind Melon, who regrouped in 2007 after officially breaking up in 1999, is a mix of rock, folk, jam band and psychedelic.

The band today consists of Travis Warren, lead vocalist; Brad Smith, bass; Christopher Thom, guitar; Rogers Stevens, guitar; and Glen Graham, drums.

Blind Melon was formed in 1991 and gained popularity through opening for The Rolling Stones, Neil Young, Soundgarden, Lenny Kravitz and Pearl Jam.

Their Web site, www.blindmelon.com, states that "Blind Melon had that refreshing vitality that allowed them to grow their fan base the old fashioned way with incessant grass-roots touring."

Blind Melon became a household name when MTV began playing their "No Rain" music video in heavy rotation in 1993. The success of that music video, their self-titled first CD, "Blind Melon," produced by Pearl Jam producer Rick Parashar, went platinum four times. Other popular singles from that album included "Tones of Home," "Galaxy" and "Change."

See **CONCERT**, page 11

Earth Day April 22

Birds fly over Edgewood Elementary School on Earth Day

Story and photo by
DEBORAH ELLIOTT
USAEC Staff Writer

All eyes were fixed on the sky on Earth Day at Edgewood Elementary. That's where local professional falconer Dan Vitilio released a covey of homing pigeons as part of his raptor demonstration for grade K through 5 students at the school.

The students watched as the birds circled the school several times to get their bearings before heading for home. Having seen one of the pigeons for the first time up close, the group of birds in flight seemed to become more interesting to the students.

Exciting the students' interest in nature was the U.S. Army Environmental Command's goal in bringing Vitilio and his wild birds to the school on Earth Day.

The USAEC has partnered with Edgewood Elementary for more than a decade to enhance the students' understanding of and love for the environment.

"Appreciation for the natural environment comes from first-hand experience," said Lisa Sundquist, the principal at Edgewood Elementary School.

Vitilio brought more than pigeons for the children to see; he also brought a red-tailed falcon, a five-week old great horned owl and a Harris hawk.

Both the red-tailed falcon and the great horned owl, the students learned, are common to Maryland.

Vitilio answered questions about the birds – how much they weigh, how long they live and what they look like when



Kindergarten students Janiya Stewart, Daun Thomas and Alexcia Rinaldi take turns petting a Harris hawk at Edgewood Elementary School on Earth Day.

they're flying in the sky. He also taught them about what the birds need in their natural environment to survive.

Vitilio brought the Harris hawk, a native species of Texas, because he is a gentle, rather than a native, bird. Every student and teacher in the school who wanted to was allowed to pet the Harris hawk. In all, the hawk patiently bore

the touch of 360 hands.

"Even I got to pet the hawk," Sundquist said. "It was fascinating to be so close to such a magnificent creature. We thank our partner, the Army Environmental Command, for planning such an interesting Earth Day for us, and we thank Mr. Vitilio for coming and sharing his expertise and his animals with us."

Trees

From front page

"Forests and trees are good for the bay," Merkel said, noting that forests retain 80 percent of phosphorous rainwater runoff before they reach the bay.

He said that Tree City USA recognizes those who meet the standards in sustaining the environment noting that APG has been awarded the 2007 Green Award for its stewardship.

He presented McNamara with a National Arbor Day Growth award and other gifts for the installation's accomplishments.

"APG has met our requirements since 2005," Merkel said, singling out Wrobel as one of the individuals who make it happen.

"Thanks for your effective leadership, commitment and dedication to natural resources," he said.

The Growth Award is presented to APG in cooperation with and sponsored by the National Association of State Foresters and the USDA Forest Service for continuous achievement and commitment to an effective, ongoing forestry program.

Len Wrobel, a contractor with Mar-Len Environmental and DSHE, said that the 880 trees planted in the BRAC Forest Mitigation area were planted in one weekend with trees obtained from a local nursery. He said that 60 percent of the trees are oak trees and mixed species associated with oak trees.

"There are eight species altogether, all local to the region," Wrobel said.

He said that the 4.4 acre forest was intentionally located near an Aquifer Recharge Area and that the new forest replaces those trees removed due to construction for BRAC projects.

"These trees and subsequent tree plantings mitigate BRAC construction impact," he said.

Displays by AEC and APG environmental vendors included EA Engineering, Science and Technology, which displayed a wetland that demonstrated how forests clean rainwater and help prevent erosion and a large poster-brochure explaining its Bald Eagle Conservation, Shoreline Stabilization and Wetland Creation/Restoration projects. EA Engineering representatives, geologists Michael Hertz and Anna-Lisa Marcum and Sam Voss, explained their missions and answered visitors' questions.

EA Engineering, Science and Technology develops fully integrated, multidisciplinary solutions for global clients providing technical expertise from project conceptualization through final construction and continues with long-term operations and maintenance.

Weston Solutions displayed a modular Green Roof System or GreenGrid® in which the roof of a building is covered with vegetation

and soil, to reduce heating costs, reduce storm water runoff, filter pollutants and provide other benefits.

"Green roofs cut energy costs by providing an extra layer of insulation," said Kristen Rigney, associate project scientist.

Rigney and project scientist Charles Rapone, along with Weston Solutions vice president Peter Ciotoli answered questions about Green-Grid® and gave visitors complimentary plants to start their own gardens.

"We use sedums because they're very drought resistant and low maintenance," Rapone said adding that gardens can also consist of fruit-bearing plants or herbs.

Sedums are hardy plants of which there are about 400 species varying from annual groundcovers to shrubs, preferred for their water-storing leaves.

He said that the green roof system technology, used widely in Europe, is catching on in the states.

"They just installed one at Tobyhanna Army Depot [Pennsylvania] and the Ford Motor Company is also using them," he said, adding that the nearest system to APG in use is at the National Park Service Center for Urban Ecology in Washington, D.C.

Weston Solutions, Inc. delivers integrated, sustainable solutions for environmental restoration, property redevelopment, design/build construction, green buildings and clean energy.

As part of the Earth and Arbor Day Celebration, AEC provided pine seedlings and wildflower seeds for visitors to take home.

"I'm going to plant them both in my yard," said Cindy Powels, a DSHE environmental engineer, as she picked out her seedlings and seeds.

Poster contest

Winners of the Operation Arbor Day Child and Youth Services poster contest included Brianna Clark, high school; Germanie Lewis, middle school; Devin Beatty, 3rd-4th grade; Richanda McNeil, 1st-2nd grade; and Cassandra Williams, kindergarten-1st grade.

McNeil, a 3rd grader at Roye-Williams Elementary School, drew a heart on her tree.

"I drew a heart because people have hearts, and trees are living things so they must have hearts too," she said.

Lewis, a 6th grader at Aberdeen Middle School, said that her drawing of a tree atop the planet was symbolic.

"It shows that some people believe that money and love make the world go round," she said. "I believe that trees do. Without them there would be no oxygen, food, shelter or shade."

Williams, a kindergartener at Roye-Williams, said she added a rainbow to her entry to symbolize happiness.

"A rainbow means happiness," she said. "All the trees, flowers and plants are happy."

USAEC cleans up winter's blanket of leaves



Photo by NEAL SNYDER
Janmichael Graine of the Training Support Division tries to control the winter's accumulation of leaves during the U.S. Army Environmental Command cleanup of its Bayscapes garden April 22 in honor of Earth Day. Planted in 2001, the garden demonstrates the environmental value of using plants native to the Chesapeake Bay region in reducing fertilizer use and controlling runoff.



Cassandra Williams: kindergarten-1st grade category



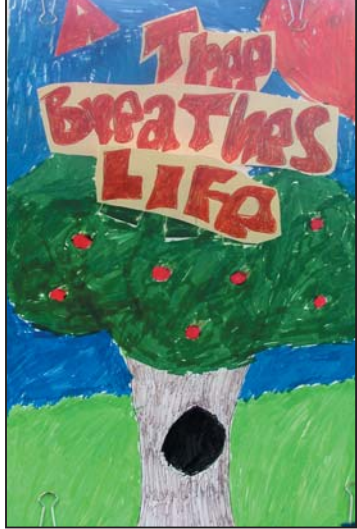
Richanda McNeil: 1st-2nd grade category



Devin Beatty: 3rd-4th grade category



Germanie Lewis: middle school category



Breanna Clark: high school category

APG News

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit

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21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor-apg@conus.army.mil.

Deadline for copy is Thursday at noon for the following Thursday's paper.

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Stars are made at APG Talent Showcase

Story by
RACHEL PONDER
APG NEWS

An Aberdeen Proving Ground Garrison chaplain’s assistant took top prize at the APG Talent Showcase held at the APG Post Theater April 19.

Sgt. Luiz Rodriquez, won \$300 for his rendition of “Whip Appeal,” an R&B love song that was a top 10 hit in 1990 by Kenneth “Babyface” Edmonds.

“I wanted to pick a song to appeal to young and old audiences,” Rodriquez said. “I thought it was a good show. I am surprised I won because we had a lot of good talent.”

Earlene Allen, a Family and Morale, Welfare and Recreation special events coordinator who organized the show, said that Rodriquez had good stage presence, appearing comfortable performing in front of the audience.

“It was a great show, and I thought everyone in the show was talented,” Allen said. “I am sure it was difficult for the judges to pick a winner. I am glad we have a platform for Soldiers to display their talents because there are a lot of talented ones out there.”

Second place went to Pvt. Brittnee Rodriguez, Company A, 16th Ordnance Battalion, who won \$200 for singing Celine Dion’s “Power of Love.” Rodriguez also opened the talent show by singing the national anthem.

There was a tie between the third place winners, who received \$100 each. Pvt. John Visage, a Company B, 143rd trainee, sang “I’ve been Wondering,” an original piece, and Justin Brown, a government contractor and technical support specialist



Photo by SCOTT NIETO
Sgt. Luiz Rodriquez, charmed the audience and judges by singing “Whip Appeal” by Kenneth “Babyface” Edmonds. He won first place in the adult category.

with SoBran Inc., performed an original inspirational gospel rap number, “What a Brother,” which urged men to be a positive influence in their Family and their community.

“Men play a major role in their household,” Brown said. “I wrote the rap as a message to men to take care of their business, their Families. It is about real men doing the right thing.”

Ashley Jackson, a senior at Aberdeen High School who earned \$150 for first place in the teen category, chose “Beautiful” by Christina Aguilera.

“I chose this song because it fits my voice range, and it is a great song,” Jackson said. “I like the message of the song; it says that every one is beautiful in their own

way. This song is positive and it has a special meaning to me. It improved my self-esteem. I hope this song inspires others as well.”

Jackson said that this is not her first time performing for an audience. She has performed in school choirs and in other FMWR shows.

“I like to perform. I like delivering the song and making people feel good,” she said.

Jackson added that she is planning to use the prize money to buy her dress for the senior prom.

Samuel McPeak, 10, won first place, \$150, in the children’s category. He sang “Danny Boy,” an Irish anthem.

“That is one of my favorite songs,” McPeak said. “I enjoy performing in shows.”

This event, hosted by FMWR, provides talent for the U.S. Army Soldier Show to which the winner receives an automatic recommendation.

The show’s judges were Debi Horne, editor of *APG News*; Cardelia Lee, co-owner of Ultimate Driving School; and Jef Harris, Intel Analysis, 20th Support Command. Guest judges from the Army Festival of the Performing Arts included Joe Leavell, director of Army Festival of the Performing Arts and Darryl Allara, Army Entertainment consultant.

1st Sgt. James Bell was the master of ceremonies and Mike Brown and Mike Miller from the Directorate of Information Management provided sound and video support.

Attendees seemed to enjoy the talent show giving standing ovations to many performances.

“I brought my granddaughter Breanna to the show, who is interested in singing because of the popular musical, “High School Musical,” said Ellen Baldwin with the Directorate of Human Resources. “She loved the whole show and

thought that Ashley Ramirez, who sang “Happy Ending” by Avril Lavigne, was the best. Normally she is shy, but she had to congratulate Ashley after the show.”

Deanna Ringgold, who works at Top of the Bay’s dining facility, brought her mother to the show.

“We wanted to get out of the house and have some ‘adult time’ away from the children. We also wanted to see what kind of talent we have on Aberdeen Proving Ground and support our Soldiers,” she said.

“I thought that the show was great. I like that the Army has something where Soldiers can show their talent,” said Pvt. Christopher Kominek, 16th Ordnance Battalion. “I want to be in the talent show next year.”

Other contestants included Samuel Razo, teen divison; Pvts. Deidre Moore and Robert Lyndolph; Pfc. Thomeisha Carter; Sgt. Luiz Rodriquez; and contractor Ashley Ramirez for the adult division.



Photo by DAN MCCOY
Ashley Jackson, 18, sang the powerful ballad, “Beautiful,” by Christina Aguilera. She won first place in the teen category.

APG recognizes responders to March 5 ARL fire

Story by
YVONNE JOHNSON
APG News

The installation recognized 22 personnel who responded to a March 5 fire at the U.S. Army Research Laboratory’s Rodman Building with certificates of appreciation from the Aberdeen Proving Ground Garrison commander during a ceremony at the Fire and Emergency Services building April 23.

The awardees included APG firefighters and paramedics who responded to the fire as well as members of the city of Aberdeen Volunteer Fire Department, the Susquehanna Hose Company of Havre de Grace and the Harford County Emergency 911 Center who provided assistance; Directorate of Law Enforcement and Security police officers including APG 911 call center operators; and Directorate of Safety, Health and Environment fire and building inspectors as well as Directorate of Installation Operations structural personnel who oversaw the restoration process.

Maj. Matt Petraitis, commander, Headquarters and Headquarters Company, APG Garrison, hosted the ceremony which included remarks by

Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander who presented the awards, and Jill Smith, ARL director of Weapons and Materiel Research Directorate, who offered her personal thanks to the responders.

Petraitis said the ceremony was simply a gesture to “recognize the combined efforts on everyone’s part.”

“This shows a big collaborative effort,” Petraitis said. “You got all these people to work together, and it worked flawlessly; everything from response time, to putting out the fire, evacuation and DIO, and Safety coming in to assess the damage and getting it operational. This is to recognize everyone for working together.”

Weissman said that while APG seems like “a real sleepy hollow,” to the casual observer, those tasked with keeping the installation safe know otherwise.

“You all know that a lot [of what goes] on here is critical to the Department of Defense mission and that it’s not only important, but very dangerous,” he said. “For personnel who work in those environments, it’s comforting for them

to know that if something does go wrong there are very qualified, dedicated, serious folks here to protect them. This was a fine example of how that works. It was a fine job and an incredible team effort.”

Regarding the coordinated efforts of elements outside the gate, including the Harford County Emergency Operations Center, Weissman said that the incident proved how important “the teamwork and partnerships we develop in the community [are] and how well they work.”

“We hope this ceremony shows you how important we think your jobs are,” he said.

Smith explained that the lab in which the fire occurred handles ceramics and body armor applications and that the fire occurred during a ‘shakedown’ of the ovens for a consolidation of the ceramics and that conditions overheated during normal test-out procedures.

“I’ve been on this post for thirty-two years and never have I seen such a great end-to-end process,” she said. “It was an amazingly fast response, and in less than a week we were back in business. We were absolutely delighted because it means

a lot to us to get our mission completed. The Garrison really came through.”

Donald B. Collier Sr., assistant fire chief, said that the first alert for the fire came in at 3:46 p.m. and that responding units were on the scene in four minutes. Two engines and one tanker from the Aberdeen Area were further supported by ladder companies from the Edgewood Area fire station and personnel from the Aberdeen Volunteer Fire Department as well as the Susquehanna Hose Company.

Collier said that after evaluating how the fire was progressing to the roof, Fire Chief Edward Budnick requested a second alarm assignment from Harford County which brought in the supporting units from the City of Aberdeen and Havre de Grace.

He described the situation as “intense” due to the size of the building, the requirement to extend hand lines into the structure due to the length of the hallways to the fire room, and the need “to send guys up through the building to the roof to assist with fire extinguishment,” adding that “the crews performed flawlessly.”

He said that because of

the nature of the various missions on the installation, APG responders train hard and coordinate regularly with county and state responders to be ready for incidents such as this.

“With the extreme missions performed here at APG, all of which have a direct impact on the Soldier, our department is at the heart of a lot of critical mission support, and we always have Soldiers and their Families in our thought process,” Collier said.

“We have an excellent fire department,” he added, “and they would stand side by side with any department. We train hard because we have to be able to do everything.”

APG Fire Department awardees

- Fire Chief Ed Budnick
- Assistant Fire Chiefs James Budnick, Donald Collier and David Smith
- Cpts. Jonathan Ruff and Douglas Schmidt
- Fire fighters Robert Barr, Christopher Starling, Lyle Deshaw, Harold Travers, Malcolm Starling, Paul Burr, John Gonce, Albert Bair, Eric Peterson, Robert Soto, Philip Hines, Scott Dickson, Daniel Tomp-

kins, Arthur Glassman, Doug Farrington and Tom Stanford

- Fire Protection Specialist André Fournier
- Emergency Medical Technician Jeffery Miller
- Paramedic Michael Davis
- Environmental Specialist William Streaker

Directorate of Law Enforcement and Security awardees

- Officers Mark Montgomery and Andrea Gray
- Emergency Communications Operators John Coale, Veronica Callahan and Louis Clelland

DIO awardees

- Carl Wheeler, Jeff Deel, Daryl Lehr, Bruce Erdner, Mike Hardwick, Howard Linton, Larry Schaffer, Bob Dennison and Chad Jager

Garrison awardee

- Tim McNamara, deputy to the Garrison commander

Local support awardees

- Mike Sherman, Harford County 911 Center
- Scott Hurst, chief, Susquehanna Hose Company
- Eric Reith, chief, Aberdeen Volunteer Fire Department



Col. Bobby Towery, commander, 61st Ordnance Brigade, administers the Army Oath of Reenlistment to, from left, Sgt. 1st Class Theresa Spicer, Staff Sgts. Alan Beaver, Dwight Fields and Anthony McDonald; Sgt. Denis Orellana and Staff Sgt. Leo Youngblood, during NCO Call April 18.

61st Ordnance Brigade calls Army Family together

Story and photo by
ROGER TEEL
USAOC&S

A newly minted noncommissioned officer was welcomed into the fold and the careers of six Soldiers and their Families were extended at the 61st Ordnance Brigade’s revitalized NCO Call April 18.

About 300 NCOs heard the call at the Aberdeen Proving Ground Recreation Center.

“We want to get back to doing things the way they’re supposed to be done,” said event organizer 1st Sgt. Jeffrey Grimes, Headquarters and Headquarters Company, 61st Ordnance Brigade. “A lot of good things happen during these events.”

“NCO Call is when the highest ranking noncommissioned officer in the unit calls the NCO’s to join him/her for an informal meeting,” Grimes explained. “It allows NCO’s to talk freely among themselves and bounce ideas off one another. Generally, any issues an NCO comes up against have been addressed by another NCO at some point in their career.”

Following welcoming remarks and a safety brief by Brigade Command Sgt. Maj. Donald Freeman, Sgt. Clyde D. Williams was promoted to his present rank.

Thanking everyone for being part of his “special day,” Williams invited everyone to have a drink. With only one keg of beer for 300-plus Soldiers, and coming on the heels of a firm reminder by Freeman on the perils of drinking and driving, Williams could have served the beer in thimbles.

“This was the second quarterly NCO call that we’ve conducted since I got here,” Freeman said. “The last was in early February.”

“We started NCO Call to foster camaraderie and esprit-de-corps among brigade

NCOs. It helps build a strong bond between our NCOs, and is in keeping with the finest traditions of our Army’s NCO corps, which is the finest in the world and truly the backbone of our Army,” Freeman said.

Col. Bobby Towery, commander, 61st Ordnance Brigade, then led six Soldiers in reciting the Oath of Reenlistment.

“I understand the Army’s new motto -- Army Strong! I got it!” Towery told the rapt audience of NCOs before administering the oath. “And I think you’ve got it too. I had it from day one because it’s about who we are in the Army, individually and collectively as a team. Army Strong, that’s what we are. These six Soldiers have definitely “got it.” Their Families “got it” too, because we’re Family Strong

here today as well.”

The six Soldiers -- Sgt. 1st Class Theresa Spicer, Staff Sgts. Alan Beaver, Dwight Fields Leo Youngblood and Anthony McDonald and Sgt. Denis Orellana -- were presented reenlistment certificates and coins by Towery and Freeman. Ordnance Corps’ Regimental Command Sgt. Maj. Daniel Eubanks also presented his coin to the NCOs who reenlisted.

Visit APG News
online at
www.apgnews.apg.army.mil

Community Notes

**FRIDAY
MAY 9
RESOURCE FAIR**

The Aberdeen Senior Activity Center, located at 7 Franklin Street, Aberdeen, will hold a free Resource Fair, 10 a.m. to 2 p.m. to familiarize the public with resources that are available to citizens of Harford County, especially those residing in the Aberdeen area. The fair is open to the public. Vendors will be available to answer questions. For more information, call the Aberdeen Senior Activity Center, 410-273-5666.

**SUNDAY
MAY 11
USO-METRO
MOTHER’S DAY
CELEBRATION**

The USO of Metropolitan Washington will host a Mother’s Day Celebration, 1 to 3 p.m., at the Community Activity Center, 1442 Concord Avenue, Andrews Air Force Base, Md. Enjoy cakes and baked goods from the White House, foreign embassies and the Foreign Joint Services NCO Association. Events will include face

painting, crafts and a magic show for the kids and neck massages, manicures, raffles and gift bags for moms. The event is open to all active duty service members and their immediate Family members. Volunteers are needed. For more information, call Dawn Fincham, 703-402-7840, or e-mail dawn@usometro.org.

DISCOVERY WALK

Join a Naturalist on a nature walk to discover what creeps, crawls, and flies around Leight Park. This free program will be held 10:30 a.m. for all ages. No registration required.

For more information or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**MOTHER’S DAY
BRUNCH CRUISE**

The Chesapeake Heritage Conservancy is accepting reservations for a Mother’s Day Brunch cruise aboard the Skipjack Martha Lewis. Brunch will be held 11 a.m.; tea will be served 1 p.m. Cost of the cruise is \$35 per adult and \$15 for children age 10 and younger. Prepaid reservations are required. For more information or to make reservations, call 410-939-4078 or e-mail director@skipjackmarthalewis.org.

MEET A CRITTER

Check out one of the live critters up close while discovering what makes that animal special. This free program will be held 1 p.m. for all ages. No registration required.

For more information or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

FRIDAY

**MAY 16
RIDE YOUR BIKE TO
WORK DAY**

Harford County will sponsor the sixth Ride Your Bike to Work Day Rally, 7 to 9 a.m. at 220 South Main Street, Bel Air. The rally will feature a bike parade through Bel Air and offers several grand prizes including a bicycle from Contes Bikes; an electric scooter from Ex-treme Scooters; rounds of golf at Mount Branch Golf Course; Ironbirds tickets; restaurant and gift certificates plus numerous prizes and giveaways.

Celebrate Clean Commute Month in May with alternative commuting - walking, bicycling, sharing a ride in a carpool or vanpool, taking public transit and teleworking to reduce traffic congestion and tailpipe emissions. Events include the winners

of the Annual Briefcase Challenge competition - participants from large, medium and small companies competing within their company’s size category and three scheduled “Cleaner Cars, Cleaner Air” clinics.

For more information or to register for Bike To Work Day, visit www.harfordcountymd.gov or www.theaegis.com.

**ALPHA KAPPA ALPHA
SORORITY ANNUAL
IVY BALL**

The Xi Delta Omega Chapter, Alpha Kappa Alpha Sorority, Incorporated will sponsor its Tenth Annual Ivy Ball, 8:30 p.m. to 1 a.m., at the Richlin Ballroom, 1700 Van Bibber Road, Edgewood. A donation of \$50 for this event includes continuous music and door prizes. Proceeds will benefit scholarship fund and community service programs. Alpha Kappa Alpha Sorority also will observe its Centennial Celebration - 100 years “In Service to All Mankind.”

For more information, call Kathleen S. Carter, 410-939-1664, e-mail woodrow15@comcast.net.

SATURDAY

**MAY 17
SPRING ARRIVES ON
THE CREEK KAYAK
TRIP**

Shake off the winter blahs

and ease into the kayaking season with an easy paddle around Otter Point Creek to observe springtime hustle and bustle in the marsh. This program will be held 9 to 11:30 a.m. for ages 8 to adult. Cost is \$10. Registration is required.

For more information, to register, or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**ABERDEEN MIDDLE
SCHOOL FLEA
MARKET AND BLOOD
DRIVE**

Aberdeen Middle School will host a Flea Market, 10 a.m. to 2 p.m., in the school parking lot. There also will be a health fair with free health screenings and a Red Cross Blood Drive in the school building. Rain date is May 31 for the flea market only.

Donate old and new items or make crafts to sell. Flea market vendors are needed. Cost for two parking spaces is \$10 each.

For more information, call Katie Scarborough, 410-273-5510 or e-mail Katherine.Scarborough@hcps.org.

(Editors Note: More Community Notes can be seen at www.apgnews.apg.army.mil under Comm. Notes.)

SCHOOL LIAISON

Science, Math Academy hosts gallery event

The staff and the 2008 inaugural graduating class of the Science and Mathematics Academy will host a Gallery Walk of Senior Capstone Projects at Aberdeen High School 4:30 to 5:30 p.m., May 20 in the lobby. A celebration banquet and ceremony will follow the walk. State Superintendent of Schools Dr. Nancy Grasmick is scheduled to attend. Open to the public.

For more information, call 410-588-5217.

Churchville Elementary sending care packages

In celebration of its Patriot Program, Churchville Elementary School is supporting the military serving overseas by joining together with “Soldiers Angels” to collect and send out care packages. Each month the students can bring items to be sent in care packages.

For more information, contact Trisha Orndorff, 410-836-2324 or e-mail jtorndorff@verizon.net.

For more information on any APG school related topic, contact Eileen Campbell, 410-278-2857 or e-mail eileen.campbell@apg.army.mil.

Post Shorts

Appreciation packets, gift bags and door prizes, 11:30 a.m. to 1 p.m., May 8, at the Aberdeen Post Exchange.

Everyone is invited. For more information, contact Marilyn Howard, ACS, building 2754, 410-278-9669.

**Commissary
caselot sale**

The caselot sale is scheduled for May 27 through 31.

For more information, call 410-278-3101.

Summer youth volunteer opportunities at the Perry Point VA Facility

The Veterans Affairs Maryland Health Care System Office of Voluntary Service is now accepting applications for youths ages 14 to 17 from Harford and Cecil counties. Youths have the opportunity to fulfill school community service requirements, explore career opportunities and sup-

port the men and women who served this country in uniform through its Summer Youth Volunteer Program.

Students must be able to commit at least 75 hours of volunteer service throughout the summer and may work no more than three days per week. For more information, call 410-642-1038.

May Well-Being meeting cancelled

The May Well-Being meeting is cancelled. The June meeting will be held at the APG Chapel, 9:30 a.m., June 19.

For more information, call Sheryl Speerstra, 410-278-4521.

**JETS, USO-Metro
host job fair for military**

The Joint Employment Transition Services, or JETS, and the USO of Metropolitan Washington will host a job fair, 10 a.m. to 2 p.m., May 16, at the Fort Belvoir Officers’ Club, located at 5500 Schulz Circle, Fort Belvoir, Va.

Employers include area police and fire departments, federal agencies, health care agencies, defense and government contractors. All military I.D. card holders are eligible to attend. Military personnel should bring resumes and be prepared for on-site interviews. No children.

For more information, call Dawn Fincham, 703-805-2464, e-mail dawn@usometro.org or Cassie Camp, 703-696-0958, e-mail cassie@usometro.org.

**Aberdeen Proving
Ground Community
Yard Sale**

Army Community Service will sponsor a community yard sale 8 a.m. to 2 p.m., May 31 for APG residents. Edgewood Area residents are welcome to set up tables along the Rodman Road strip on either side of the road. The Thrift Store will be open for donations for unsold items; receipts are available for tax deductions.

For more information, call Diana Hayes, Information Referral and Program Manager, 410-278-4372/34372, e-mail diana.hayes@us.army.mil.

**Training session on
DFAS**

The director of the Edgewood Contracting Division invites everyone to attend a training session entitled, “The DFAS Road Show,” 8 a.m. to 4 p.m., May 8, at the Edgewood Conference Center, building E-4810, main auditorium. Lunch will not be provided.

Topics will include:

- How DFAS pays contracts (both contract pay and vendor pay)
- Accounting

- Electronic commerce initiatives (including WAWF)
- Special payment instructions
- Interest payments
- Conversion of contract financing
- Contract reconciliation
- DFAS customer service
- DFAS/DCMA liaison

For more information, to register or to RSVP call Jennifer Zeman, 410-436-4492, or e-mail Jennifer.zeman@us.army.mil.

**Installation Volunteer
Recognition
ceremony**

The APG community will formally thank volunteers at a recognition ceremony and reception 7 p.m., May 15, at Top of the Bay.

For more information, call Marilyn Howard, 410-278-9669.

**Office Eagle
holds Customer
Appreciation Day**

The Aberdeen Area Office Eagle will hold a Customer Appreciation Day, 10 a.m. to 2 p.m., May 20. Join the Office Eagle for a 50’s style celebration that includes refreshments, giveaways and lots of fun.

For more information, call Office Eagle, 410-297-4950, e-mail bcouncil@bism.org.

**Asian Pacific American
Heritage event**

An Asian Pacific celebration will be held 10 a.m. to 1:30 p.m., May 21, at the Edgewood Area Stark Recreation Center, building E-4140.

For more information, call Sgt. 1st Class Elwood Veney, RDECOM, 410-436-4810; James Rivera, EEO, 410-278-1100; or Linda Patrick, CHPPM, 410-436-1023.

**‘Retired Federal
Employees’ meets
May 20**

Susquehanna Chapter 1522 of National Active and Retired Federal Employees Association for Harford and Cecil counties will meet in the Havre de Grace Methodist Church social hall, Congress and Union avenues, Havre de Grace. A light lunch with potluck will be served at 11:30 a.m. Guest speaker Robert Magee, former director of the Susquehanna Museum, will discuss the history of Havre de Grace. A business meeting will follow at 1:15 p.m.

For more information or for reservations, call 410-939-3973.

Blood Drive May 29

Save lives and donate blood at the Armed Services Blood Program blood drive, noon to 4 p.m., May 29, at the Aberdeen Area Recreation Center, building 3326, Erie Street.

For more information, call Alan Smith-Hicks, 410-306-1206; for appointments, visit the Armed Services Blood Program Web site, www.militarylifeforce.com.

(Editors Note: More Shorts can be seen at www.apgnews.apg.army.mil under Shorts.)



Commentary: Engaging safety at every level saves lives

By
BRIG GEN WILLIAM H. FORRESTER
U.S. Army Combat Readiness/Safety Center

Are you between the age of 18 and 30? Is this article pertinent to you? Do you ever feel Army leadership pens articles that are about you, rather than for you? Talk at you rather than to you? While you might think this is true, rest assured, the U.S. Army Combat Readiness/Safety Center writes articles especially for you. The reason for this? You (18- to 30-year-olds) are esteemed teammates. You have a critical part in our Army’s successes, both on and off the battlefield. We,

as an Army team, haven’t and won’t be successful in our missions without you. Your presence and contributions are invaluable and the cornerstone of our successes. What else do we know? We know that you are all Soldiers with opportunities to be outstanding and influential leaders. It does not require a high rank to make a leader, but rather a leader is a Soldier or Army member with an understanding and willingness to engage and do the right thing. This type of leadership can, does and continues to save lives. Safety transformation is the shift in mind set from an older, reactive safety culture to a new, predictive mind-set that incorporates risk man-

agement practices and actions into daily activities. While our Army continues through a safety transformation, your actions, leadership and continued commitment are invaluable. You and your peers are integral to this transformation. Each time you engage, lead or help your fellow teammates do the right thing to prevent accidents, you are making our Army safe and Army strong. We know our Warriors live and operate on the leading edge, however they should not be alone on that edge. Leaders must be there with them, stay engaged and take accountability. There is no such thing as an anonymous leader. Leaders commit. We know when accountable lead-

ers like you engage, the results immediately save lives and promote change in our Soldier’s culture, instinct and insight into the Army’s future. We know Preliminary Loss Reports often reveal preventable mishaps where engaged leaders could have made a difference. Someone always knows – someone knows when a platoon member just bought a motorcycle but never completed required training . . . someone knows when an aviator’s reputation is to “cowboy” aircraft . . . someone knows when Soldiers routinely fail to buckle up when driving. That “someone” who knows must step up and engage; it will save lives.

We know we “Never Leave a Fallen Comrade.” By engaging at the lowest level, you can prevent the fall of a fellow Soldier. The tools are there and the window of opportunity to effectively impact Soldiers is now. Successful safety preventive measures and actions are seamlessly woven into the fabric of our Army’s culture. So...my younger friends and fellow Soldiers. This is for you, about you, and enlists you as a fully-involved partner in making our Army a safer place to live, work and fight. Your dedication to duty is unmatched - always remember, what you do right now changes everything. Army Safe is Army Strong.

Commentary: Rules to live by

By
COMMAND SGT MAJ TOD L. GLIDEWELL
U.S. Army Combat Readiness/Safety Center

There is a disturbing new trend in our military – some units are experiencing the loss of more Soldiers at home station than deployed to combat. Multi-National Force-Iraq Command Sgt. Maj. Marvin Hill once told me a Soldier knows what is important to a unit within an hour of arriving. If a unit has standards and discipline, it is very apparent. However, if Soldiers sign in and the unit leaves them to their own devices, they’ll take it that nobody cares enough to ensure they don’t get into trouble. Once they have gotten that message, it can be hard to make them believe anyone takes their off-duty actions seriously. We know when an attitude like that sets in, it can be hard to overcome because Soldiers don’t afford leaders opportunities at second and third chances. So how do we make this work for the safety of Soldiers? When it comes to our married Soldiers redeploying home,

the U.S. Army Combat Readiness/Safety Center has worked with Family and Morale, Welfare and Recreation to create the Family Engagement Kit. The kit provides spouses with useful tools and resources to help them care for their Soldiers as they return. And for single Soldiers, there is the Better Opportunities for Single Soldiers Engagement Kit. During a recent redeploymentvideoteleconference,Maj. Gen. Rick Lynch, commander of the 3rd Infantry Division, said, “All accidents are preventable and predictable.” I couldn’t agree more with him and his philosophy. As I speak with Soldiers, Families and civilians, it becomes very apparent we are headed in the right direction in fighting and winning the Global War on Terrorism. Nearly seven years into this fight, we are seeing the fruits of our labor and appear to have turned the corner. Winning the war on accidents at home station is another story. Two-thirds of all accidents happen at home station during off-duty hours. Why is it that it’s safer, statistically

speaking, to drive on duty and in combat than on the streets back at home station? Most would say that engaged leadership directly influences our on-duty accident numbers. If that is true, then why doesn’t engaged leadership work off-duty as well? Therefore, I ask each of you, how can we transition the great work we do during deployments back to home station? **Recipe for safe home station operation** • Using “tough love”--imposing strict standards and discipline--will save lives. Because of that, we need to plan for redeployment by assessing the risks much the same as we do for combat. Assess the risks, which include anything that will take a Soldier from our ranks. • Conduct a VTC with your headquarters, BTC’s [Brigade Combat Team] home station and safety center 90 days out. • Have your rear detachment advise you about the risks at home station seen following previous redeployments. • Prepare to receive and account for Soldiers. Most Soldiers are lost 30 days prior

to redeployment till 30 days after. • Be proactive and energize your garrison’s FMWR as early as possible to provide Soldiers and Families with events to do on the installation after block leave. It’s your city; keep your constituents at home, where you can influence their behavior while having fun. • Provide predictability. Predictable training and time off during reset doesn’t waste Soldiers’ time and provides Families with the knowledge of when they can expect them home. • Monitor “Leader-to-led” and address leadership gaps. • Emplace mentorship/certification programs to train and address deficiencies throughout your ranks • Train safety as part of every mission and seek feedback from your organization during the after-action review process. • Conduct tough, realistic individual training as early as possible and incorporate driving training to solidify teams. Move left of the boom so redeploying Soldiers don’t become statistics. Use your

influence as leaders to train Soldiers to be safe on duty so they’ll choose to be safe when they’re off duty. Remember,

what they do on the installation, you can influence—what they do off the installation you have to react to.

APG proclaims May 2008 – Motorcycle Awareness Month

Story by
ROBERT MCNABB
DSHE

With warmer weather here, more motorcycles are back out on the road – and the drivers of passenger vehicles need to be alert. One out of every nine U.S. road fatalities accounted for last year involved motorcycle riders. The steady increase over the past

decade represents one of the nation’s greatest challenges. This is why APG has joined with other federal, state and local highway safety, law enforcement, and motorcycle organizations in proclaiming May 2008 as “Motorcycle Safety Awareness Month.” All motorists are reminded to safely “share the road” with motorcycles and to be extra alert when driving to help keep motorcyclists safe.

Motorcycle fatalities now account for 11 percent of total road fatalities and have increased each year from a low of 2,116 in 1997 to an all-time high of 4,810 in 2006. So, while there has been continued success in reducing automobile deaths in recent years, this progress is being negated by the rise in motorcycle fatalities, which has more than doubled in one decade. In a crash, motorcyclists are much **See SAFETY, page 10**

One-Stop

From front page

Regulation for standing up the center and said he hopes it will reduce anxieties and stress for those relocating. “It will enable us to focus on relocating our capabilities, people and processes while serving Warfighters to the very best of our abilities,” he said. Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, noted that the center is the first of its kind in the nation located on a military installation. “Aberdeen welcomes you and your high tech skills,” he said. “We are here to ease your transition.” Weissman talked about the location of APG and its mission throughout the years and invited those moving to “live, serve and play at the ‘top of the bay.’” Thomas Perez, Maryland secretary of Labor, Licensing and Regulation, emphasized that Maryland has a lot to offer and that he understood that those considering the move want to “kick the tires” of the state before they buy into it. He said that Maryland has “world class” education systems and a “nimble” system of higher education. “Come down, tool around and then maybe stay and see Cal Ripken’s team, the Ironbirds, play a baseball game,” Perez said. Harford County Execu-

tive David Craig said he was pleased to see the state building a partnership in New Jersey. He emphasized that the region is getting ready for the influx of moves from New Jersey by building or rebuilding schools; creating and upgrading roads, sewer and water capabilities; and seeking to create even more opportunities for spousal employment. Craig said he understood many of the concerns of those considering a move because of his own Family’s needs. He stressed that he would do everything in his power to help those making plans to relocate. “But, I will not come and pack your stuff,” Craig joked.

During the reception that followed, Elizabeth Theisen, Maryland transition coordinator, and the Maryland representatives addressed questions and concerns of many of the individuals in attendance. The Maryland Transition One-Stop Career Center is now officially open for business in two locations; one on Fort Monmouth at the First Atlantic Federal Credit Union, 1006 Alexander Avenue, and the other at the First Atlantic Federal Credit Union, 468 Industrial Way West in Eatontown. The Maryland Transition One-Stop Career Center on post is open 10 a.m. to 2 p.m., Monday through Friday.

The One Stop in Eatontown is open 2:30 to 5 p.m., Monday through Friday. Evening and Saturday appointments can be scheduled by calling Theisen, 732-403-4537. (Editor’s note: Yvonne Johnson, APG News reporter, contributed to this article.)

APG Outdoor Journal

Commentary: Of black magic and voodoo dolls

By **BILL ARMSTRONG**
APG Wildlife and Marine Law Enforcement Division

Years ago, when I was just a rookie in the wildlife law enforcement business, my mentor often mentioned the perks of the job: the fresh air, being outside all the time communing with Mother Nature and looking after the critters. He said something about it being an adventure. Well, for 41 years it's sure been that, and I thought I'd seen and heard just about everything.

He was a Chesapeake Bay "waterman" through and through. Tough as nails and one of the hardest working people I've ever run into, and being from coal mining country, that's certainly saying a lot. Anyway, and even though I like him, most of the time he's on one side of the law and I'm on the other. Usually, if you happen to see us together, it's probably in a court of law, each of us telling different sides of the same story to the judge.

This time it started when my guys pulled his boat over and arrested him for setting illegal commercial nets and trapping fish out of season. As part of the process we photographed and inventoried everything on the boat, impounding as evidence a number of containers [tubs] full of illegal fish.

About a year later, after the case had been settled in federal court, he called me.

"You still got my tubs?" he asked. "They cost me a lot of money you know, and I sure would like to have 'em back."

"I think they're around here somewhere," I responded, vaguely remembering the containers. "You remember how many there were?"

"Damn right, I remember. There was twelve of them," he said.

"Yeah, they're probably here somewhere. Might take me a couple of days to round 'em up," I said.

A few days later, on my way down to Baltimore for a meeting with the federal prosecutor, I called him and told him that I was on my way downtown and that I would drop the tubs off at his house. He was standing in the driveway when I pulled in.

As I got out of the truck, I beckoned him forward.

"You're going to have to unload them," I said. "I just had surgery on my hand, and I don't want to take a chance on screwing it up."

"What's wrong with your hand?" he asked, eyeing the cast and bandage.

"The doctor says it's arthritis. Got to hurtin' me something awful; twenty-four hours a day, seven days a week, even at night. Couldn't sleep, couldn't do anything. They went in and replaced the thumb joint."

"Is that right? How long's it been bothering you?" he asked.

"About a year or so," I responded. "Came on kinda sudden like."

"How long?" he asked again, his interest perking up.

"I don't know, about a year or so," I repeated.

Suddenly he started prancing, "Oh Lordy," he giggled. "Wait till I tell my wife. She's gonna be tickled."

Dropping the tailgate of the truck, I reached in and slid a couple of the tubs over to him.

"Your wife?" I asked.

"Yeah, just wait 'til I tell her. She's gonna love it," he said.

Scratching my head and thinking that I must be missing something.

"What are you talking about?" I questioned.

"You remember the last time you arrest-



Photo by GEORGE "BART" ROBERTS, APG WILDLIFE & MARINE LAW ENFORCEMENT

ed me? That really upset her. She got so mad she went out and bought one of them voodoo dolls. Brought it home and painted the head red. Then she got some old bitty from down in the city to put a curse on it. Said she was gonna fix you. She's been sticking pins in it ever since."

Well, to tell you the truth, I thought it was kind of funny. I mean, when was the last time you heard of somebody getting a hex put on them?

Like I said I had a meeting downtown and all I wanted was to get the tubs unloaded, so I slid a couple more of the tubs over to him, and stepped back.

"So I've done been cursed, huh?" I asked.

"Yep, you done messed with the wrong woman! She told me, 'That game warden's gonna pay. You mind my words.'"

"Just where did she stick them pins?" I asked, laughing. "Sure hope she was careful where she stuck them! Below the belt would be plumb mean."

"You better not laugh," he cautioned. "She's got pins sticking out of everywhere, and she's serious about it."

"Well," I said, laughing and climbing back into the truck, "tell her that I said she can quit now, you've got your tubs back."

Well, I didn't think too much more about it, but when I was in the doctor's office having the cast removed, I asked him, "Hey Doc, you believe in curses and voodoo dolls?"

"Why," he asked.

After I finished the story, he just shook his head and laughed.

"Well," he said, "personally, I don't believe in that black magic stuff, but that arthritis sure did come on kinda quick, didn't it?"

A month or so later, the fisherman called me again, wanted to meet me down on Route 40, said he had something for me. When I got out of the truck, he walked over and handed me the voodoo doll.

"The wife said she didn't need it anymore. She said the spell was only good for a year and she was done with it. Said you could have it," he said.

Well, the next day I stopped by Rob Krauer's office [APG Provost marshal] and showed him the doll, which he picked up and studied for a minute or so.

"Voodoo dolls, huh? What's her name," he asked, laughing. "I might just want to hire her. Lord knows, I've been cursing you for years, and it sure ain't done me any good. You don't know what she charges, do you?"

It was the same thing over at the Federal Employees Compensation Act office. The lady over there just shook her head, said she didn't think Workman's Comp would touch it. Something about the federal government didn't classify curses and hexes as being work related.

And you want to be a game warden?

Safety

From page 7

more vulnerable than passenger vehicle drivers. Research shows that approximately 80 percent of motorcycle crashes injure or kill a motorcycle rider, while only 20 percent of passenger car crashes injure or kill a driver or passenger in their vehicle. In

fact, per vehicle mile traveled in 2006, motorcyclists were 35 times more likely than passenger car occupants to die in a motor vehicle traffic crash.

Motorcyclists have responsibilities, too, by following the rules of the roadway, being alert to other drivers and always wearing a DOT-compliant helmet and protective gear. All too often after a crash, the drivers of

other vehicles involved say they never saw the motorcyclist and were unable to respond in time. This is no excuse when so many crashes are still occurring and so many lives are being lost.

Get involved and take the necessary precautions to help make this the first year in recent years when motorcycle fatalities do not increase. Remember to safely "Share the Road" with motorcycles.



Photo by ROGERTEEL, USAOC&S

Motorcycle Safety Foundation certification classes are conducted monthly at the APG Motorcycle Range. A policy signed March 27 by the Garrison commander now requires all motorcyclists entering the installation to present their Motorcycle Safety Foundation card and wear proper protective equipment - to include a reflective vest - at all times. Riders needing MSF certification should contact Bob McNabb, 410-306-1697 or DSN 458-1697.

PIE

From front page

Larissa Santos, EHS principal, hosted the program during which the 61st Ordnance Brigade commander, Col. Bobby Towery, assisted by brigade Command Sgt. Maj. Donald Freeman, presented Army Commendation and Achievement medals to 13 Soldier volunteers who coached athletes through the sports program as well as those who helped coordinate a two-day field trip by EHS physics students to the brigades' Advanced Automotive Recovery Division.

Grabia said that the more than 50 students who participated received classroom and hands-on instruction in vehicle recovery operations.

"This was a fantastic event in which students applied physics to real-world applications, far from the confines of a classroom, deep in the mud pits of the automotive recovery range," Grabia said.

In addition to receiving military awards, EHS students presented each Soldier with an EHS honorary varsity letter, and Towery and Grabia received commemorative plaques with varsity letters affixed to them.

Santos praised the efforts of the teachers, students and Soldiers who were involved with or participated in the sports program, commenting that "several objectives have come to fruition."

"We are committed to the promotion of qualities of leadership and teamwork," Santos said. "Who better to be role models than these Soldiers?"

Towery thanked the gathered students, "for letting us be a small part of your lives here at Edgewood High School."

He said that he hoped his Soldiers exemplified what being Army Strong means, adding that "physical strength is just a small part of that."

"The larger part is commitment, strength of character and courage," Towery said. "It takes courage to have commitment and to maintain strength of character."

Lastly, he thanked the school's teachers and staff, noting that "part of Army strong is Family strong and being a volunteer is what keeps this Army Family strong."

HHC 1st Sgt. Jeffrey Grimes assisted Grabia in organizing the event. Grimes credited Sgt. 1st Class Frederic Banks who served as the school partnership sports director, with leading the students and Soldier volunteers.

"He has been nothing but outstanding in putting everything together," Grimes said.

Banks said the Soldiers and students met two to three times a quarter and that workouts focused on push-ups, sit-ups, the major muscle groups, and how not to hurt themselves.

"The goal was to help these kids develop cohesion by showing them discipline and physical education and how the two entwine," Banks said.

Grabia said the overall goal was to be a positive influence in the lives of young people who seldom come in contact with Soldiers.

A native of Harford County who grew up in Bel Air, Grabia said the sports program and field trip went a long way toward reaching that goal.

He added that the athletic program focused on leading the EHS football team through NCO-driven physical training and that his Soldiers now provide the same training to all team sports on a regular basis.

"The purpose of this program is to positively influence

Edgewood High School students through proper example and teamwork," Grabia said.

Eileen Campbell, APG Schools Liaison, praised principal Santos for encouraging the PIE program and the brigade for positively impacting youths.

"Besides their primary mission of being dedicated Soldiers, this unit has become mentors, teachers and role models," Campbell said. "This unit not only serves our country, it is making a difference in the lives of our youths. Thank you all for your commitment to this school and to the HHC partnership."

EHS athletic director Debbie Brinkman said feedback from the students was always positive.

"They love it," she said. "They took it as having personal trainers."

She added that the students were receptive to the Soldiers' lessons on leadership and values.

"When it comes from a different source, sometimes it sticks better," she said.

Science teacher John Wallace, a retired Navy commander, said that as far as the first year goes, "we nailed everything we wanted to do," and that future plans include more field trips including a May 8 trip in which students will study physics the Army method of training and how that applies in real-world applications.

He praised Grabia, who he has worked with for more than a year.

"It's been an extraordinarily successful first year," he said.

The awardees included Sgts. 1st Class Frederic Banks, Keith Edwards, Nelson Yost, Steven Holem and Bridget Sealy; Staff Sgts. Dawin Vasquez, Steven Whitson and Marielena Witten; Sgt. Joshua Austin; Spcs. David Sutton, Paul Ingalls and Felix Custodio III and Pfc. Estric St. Louis.

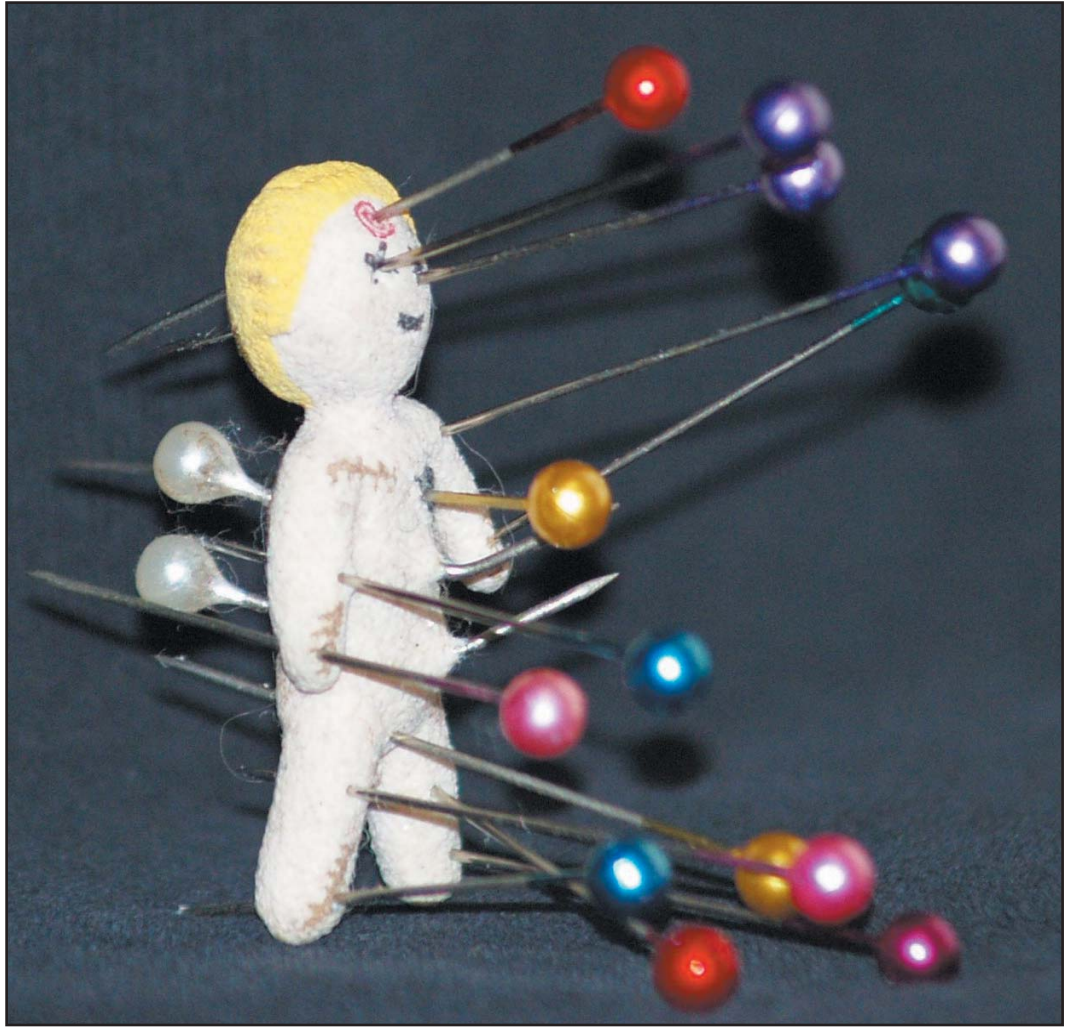


Photo courtesy of BILL ARMSTRONG, APG WILDLIFE AND MARINE LAW ENFORCEMENT DIVISION



Photo by ROGERTEEL, OC&S PAO

Col. Bobby Towery, commander of the 61st Ordnance Battalion, second from right and HHC 61st commander Capt. Jacob Grabia, second from left, accept Edgewood High School honorary varsity letters from Kathleen Donaldson, physical education teacher, left, and Debbie Brinkman, athletic director, right, during a Partners In Education award ceremony at the school April 28.



FAMILY, MORALE, WELFARE & RECREATION

Losers gain a healthier lifestyle in ‘Losers ARE Winners’ weight loss contest

Story by
RACHEL PONDER
APG NEWS

More than 90 Aberdeen Proving Ground employees competed in the “Losers ARE Winners” weight loss contest hosted by the APG fitness centers, which inspired many contestants to adopt a healthier lifestyle that they will continue after the competition.

The competition ran January through April 4. Most participants registered with a partner, to motivate each other to exercise and to eat healthier. Categories were separated into men and women. First place winners won \$150 and second place winners won \$100.

Doug Farrington, a fire protection specialist with the APG Fire Department, lost the most weight in the competition with a total of 56 pounds, and 17 percent body fat. His new year’s resolution was to lose weight. He started at 290, and his goal weight is 200.

“I wanted to have a lifestyle change for the new year,” Farrington said. “I showed my friend and co-worker, Tim, a picture of us ten years ago and said that I would like to get back to the weight we were when that picture was taken. This was a team effort, we did well, and we will continue to work out together.”

Farrington added that they also carefully planned what they would eat. He said that their new diet consisted of high protein foods, vegetables and fruit. They cut out soda to

cut down on calories.

“The first week was hard, especially working with the other firemen at night. Our co-workers like to eat junk food at night when we have a lot of down time, so we would try to keep ourselves busy to resist temptation,” said Tim Richmond, a paramedic at the fire department.

Richmond, who came in second in the men’s category, lost 38 pounds, or 13.24 percent of his body weight. He said that he stopped drinking beer, because it is high in carbohydrates. He also eats his food slowly so that he doesn’t overeat.

“We call ourselves the “push-aways” because we often push food away from us at the table,” Richmond said.

Farrington added that they are much happier now that they lost the weight, and they feel that being physically fit will enhance their job performance. They said that they will continue to work with each other to obtain their weight loss goals.

“The key to weight loss is having a positive mindset, along with dedication and consistency,” Farrington said.

Brenda Saddler, a Directorate of Information Management information technology specialist, won first place for the women’s category with a total loss of 21 pounds and 11 percent body fat. She said she is enthusiastic about the changes that she has made in her life to cause her to lose weight.

“I lost weight by faithfully



From left, Doug Farrington, Brenda Saddler, Tim Richmond, and Karen Serra (not pictured), winners of the ‘Losers ARE Winners’ contest, use elliptical trainers at the Aberdeen Area Fitness Center to help them reach their weight loss goals.

exercising, with a combination of cardio and weight training at least four days a week, and calorie counting,” Sadler said.

She said she is going to wait to buy new outfits until she loses 11 more pounds and reaches her goal weight.

Karen Serra, a locksmith for Directorate of Installation Operations, won second place for the woman’s category with a total loss of 12 pounds, 7.55 percent body fat.

Serra said that she exercises with a group of 10 people

who work out at the Aberdeen Area Fitness Center Monday through Thursday at 5:30 a.m. to motivate each other to be consistent with their exercise program.

“Jeff [Pettitway] was like our personal trainer,” Serra said of the fitness center manager. “He would inspire us to come every day and would show us new exercises so our program wouldn’t get boring.”

Serra also credits eating sensibly to her weight loss success.

“I don’t follow a special diet, I just use common sense,” Serra said. “Before starting the Losers ARE Winners contest I did not exercise, beyond the exercise I got at work. I found out that it wasn’t enough. Now I am losing inches, I am happier and I have more energy.”

Serra said that her weight-loss group will continue to work together to inspire each other to reach their weight-loss goals.

Jeffery Pettitway, Aberdeen Area Fitness Center Manager,

said that he is impressed with all of the “losers” that stuck with the exercise program.

“Most people participated to improve their physical health, only a few people mentioned the prize money. If you believe that the prize is your fitness then you are already a winner,” Pettitway said. “I recognize that lifestyle changes are difficult, and I am proud of them.”

For more information about upcoming weight loss competitions, call Pettitway at 410-278-3375/7937.

Concert

From front page

Unfortunately, as the success of the band grew, so did Hoon’s drug addiction. Blind Melon released “Soup” in 1995, shortly before Hoon was found dead of a drug overdose on Oct. 21, 1995.

The remaining members released “Nico” in 1996, with a percentage of the profits going to Musician’s Assistance Program that helps musicians with drug and alcohol addiction.

After the release of “Nico,” the group stopped working on new music until they reformed in 2007. The fans, who call themselves “Melonheads,” played an instrumental role in getting the group back together.

Even as the group ceased to release new music, interest for the group continued to rise with a growing online community of fans. The growing popularity of “jam band” music, a mix of funk, bluegrass and jazz fusion, that features

extended music improvisations over rhythmic grooves over long sets of music, also helped contribute to Blind Melon’s continued popularity.

Impressive sales of 2005’s “Tones of Home: The Best of Blind Melon” and 2005’s DVD sales of “Live at the Palace” and “Live at the Metro” also reflected the incredible staying power of the group.

Blind Melon released their fourth album “For my Friends” on April 22. Blind Melon wrote about the release of their new CD on their official Myspace page:

“It’s been a long time since we’ve felt this - the anticipation of the release of a new record. We feel many things, mostly gratitude for all of you who have supported us over the years, for all of you who have picked us up and carried us through hard times. This record is for you. This record is for my friends!”

Aberdeen Proving Ground is just one of the many stops along the group’s tour schedule. (Editor’s note: Information for this article gathered from www.blindmelon.com and myspace.com/blindmelon.)

Activities/Events

Entries being accepted- 2008 Army Arts and Crafts Contest

May 25 is the submission deadline for the 2008 Army Arts and Crafts Contest. Authorized FMWR patrons, with the exception of employees of the Army Arts and Crafts program, are eligible to enter. All submissions must be the entrant’s original work and must be completed within 24 months of the beginning of the contest year.

For more details, write to FWRC Attn: FMWR-CR (Arts & Crafts), 4700 King Street - 4th floor, Alexandria, VA, 22302-4418 or call Linda Ezernieks, 703-681-7754.

Baltimore Orioles Games

Purchase tickets for Orioles baseball at Camden Yards:

- Boston Red Sox, 7:05 p.m., May 13
- Pittsburgh Pirates, 1:35 p.m., June 15
- Kansas City Royals, 7:05 p.m., July 3
- Detroit Tigers, 7:05 p.m., July 18
- Chicago White Sox, 7:05 p.m., Aug. 25
- Oakland Athletics, Sept. 7, TBD
- Cleveland Indians, 7:05 p.m., Sept. 9
- Toronto Blue Jays, Sept. 28, 1:35 p.m.

For more information on other Baltimore Orioles games or to purchase tickets, call 410-278-4907/4011.

Armed Forces Day Fun Fest May 17

Chesapeake Challenge and Shine Sports Field is the location for the Armed Forces Day

Fun Fest, 9:30 a.m. to 3:30 p.m., May 17.

Chesapeake Challenge will offer one-half price on go-carts, batting cages and mini golf this day only.

There will be games, music, military displays, a new car display, Outdoor Recreation display, special guests and more.

For more information, call Child and Youth Services, 410-278-4589.

APG holds Armed Forces Day 10K run

Aberdeen Proving Ground and Morale, Welfare and Recreation will host the second annual Armed Forces Day 10K Run, 8 a.m., May 17.

The race is open to the general public, military or civilian. Entry forms can be found on Charm City Run Web site, <http://www.charm-cityrun.com>.

Entry fees are \$25 through May 16 and \$30 race day. There is a \$5 discount for active duty military and privates (E-1) through private first class (E-3) are free. Military grades E-1 through E-3 may register with their unit. Runners will receive a 10K Run T-shirt, and water will be provided on the course and at the finish line.

For more information, contact Ralph Cuomo, MWR sports director, 410-278-3868 or e-mail ralph.cuomo@conus.army.mil.

Do-it-yourself New York City tours

FMWR has scheduled several day trips to New York City – eight hours for sightseeing, shopping, seeing a

Broadway matinee, venturing into China Town and more May 17, June 21, July 19, Aug. 16, Sept. 20, Oct. 18 and Nov. 15.

Cost is \$40 per person. The bus will depart 7:55 a.m. and will return 10 p.m. Open to all DoD card holders.

For more information or to register, call or visit FMWR Leisure Travel Services, Aberdeen Area Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR_LeisureTravel@apg.army.mil.

Tae Kwon Do classes

Aberdeen Area Youth Center offers Tae Kwon Do classes for ages 5 to 11, 5:30 to 6:30 p.m., Wednesdays, April 30 through May 21. Cost is \$40 per student. Tae Kwon Do promotes discipline, muscle toning and conditioning.

For more information or to register, call the Central Registration Office, building 2752, 410-278-7571/7479 for an appointment.

Hip Hop classes

The Aberdeen Area Youth Center, located in building 2522, will hold Hip Hop Dance classes for ages 8 through 18. Classes for ages 8 to 13 will be held 5:30 to 6:30 p.m.; classes for ages 14 to 18 will be held 6:30 to 7:30 p.m. All classes will be held on Mondays.

This is a fun and energetic dance class, great for all ages and levels.

For more information or to register, call the Central Registration Office, building 2752, 410-278-7571/7479 for an appointment.



Tickets: \$25 In Advance
\$30 Day of Show
www.apgmwr.com

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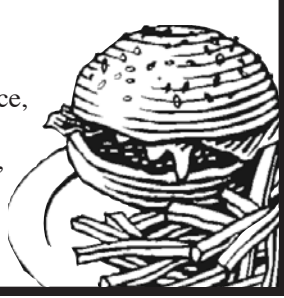
Week of May 5

Special #1: Chicken cheese steak sub, choice of mayonnaise, lettuce, tomato, pickles, onions, green peppers, hot peppers, mushrooms, potato chips, cookie and soda for \$7.85.
Special #2: Grilled cheese, curly fries, cookie and soda for \$4.75.

Week of May 12

Special #1: Chicken filet salad sub, choice of mayonnaise, lettuce, tomato, pickles, onions, French fries, cookie and soda for \$5.75.
Special #2: Breaded chicken patty, choice of mayonnaise, lettuce, tomato, pickles, onions, French fries, cookie and soda for \$5.75.

For more information or to place an order, call 410-278-4041.
Orders must be placed before 10:30 a.m.



APG scientists, engineers will serve as mentors in HCPS



Song Park, a computer engineer at the U.S. Army Research Laboratory and mentor at Bel Air Middle School under the Materials World Module, takes part in an activity during training at Aberdeen Proving Ground April 16 through 18.

Story by
RACHEL PONDER
APG NEWS

Fourteen scientist and engineer volunteers from Aberdeen Proving Ground tenants and organizations gathered at the U.S. Army Research Laboratory on April 16 through 18 to take part in the Materials World Module training, a new frontier in “inquiry and design-based” education.

This particular training focused on implementing the sports module in 15 Harford County middle school classrooms and is just one of the many modules that are incorporated into MWM. Food packaging, smart sensors, nanotechnology, ceramics, biodegradable materials, and environmental catalysis are some other topics that schools can explore through MWM.

Dr. Robert Lieb, an ARL research physicist who is helping promote and organize the Army sponsored outreach

effort at APG, said that Dennis Kirkwood, the Harford County science supervisor, decided to focus on the Sports Materials Module because most middle school students enjoy playing sports so there is a good chance that they will get excited about studying how science and engineering is used in sports.

Over the course of three days, scientists and engineers conducted activities that will take place in the classrooms they will visit.

The volunteers are required to visit the schools at least four times over the course of four weeks.

MWM was established to get students interested in science technology, engineering and mathematics, or STEM, so that in the future they might pursue a career in a STEM field. The Center for the Advancement of STEM Education, or CASE, developed the MWM program. CASE

was established in June 2006 with funding from the U.S. Department of Defense.

CASE was formed in response to President Bush’s State-of-the Union Address during which he announced the American Competitiveness Initiative to encourage American innovation and strengthen the nation’s ability to compete in the global economy.

“This ambitious strategy will increase federal investment in critical research, ensure that the U.S. continues to lead the world in opportunity and innovation, and provide American children with a strong foundation in math and science,” states the Web site, www.case-forlearning.com.

During the training, Dr. Stephen Priselac, executive director of CASE, said students today need to have design and inquiry-based learning, like MWM, incorporated into the classroom. He said that children today are completely

comfortable with technology, usually more than teachers.

“CASE’s aim is to incorporate technology into the classroom to capture the attention of the students, [to] increase their understanding of science and engineering,” Priselac said.

Eileen Campbell, APG School Liaison, said that she is excited that Harford County is partnering with APG for this program.

“I observed the scientists and engineers doing an investigation on the effects of carbon dioxide (dry ice). The observation process was so much fun, it only enhanced the learning process,” Campbell said.

Susan Procell, a chemist at Edgewood Chemical Biological Center who will be volunteering her time at Magnolia Middle School, said that she has been volunteering in the schools for more than 20 years. She currently volunteers for Kids & Chemistry, an APG

volunteer program.

“This is a way for me to improve what I do too. I think it is awesome that the DoD is willing to put time and money into this program, so I want to support it,” Procell said. “The government can only benefit by encouraging kids to study the STEM subjects. Children are our future leaders.”

The 15 Harford County middle school science teachers who will be having scientists and engineers in their classrooms also attended similar training.

“The teachers were pumped. They were energetic and excited about this program,” said Kristin Juffer, Ph.D, executive director for Action Research & Associates and MWM program evaluator.

All teachers involved with MWM in Harford County agreed to let volunteers into their classrooms.

“MWM looked like a high interest method of teaching for my students,” said Christopher R. Bley, an 8th grade science teacher at Magnolia Middle School. “It looked like something that they would benefit from and get life experiences some of them have never gotten before.

“The training was very comprehensive. It let me experience the lesson from

the student’s point of view while providing me with all the teacher notes needed for implementing it. I also found it a pleasant opportunity to collaborate with colleagues from other schools.

“I hope my students will find a new appreciation for science in a setting of high interest to them. I also hope that they will see that they have job opportunities available to them, if they apply themselves, that they may not have even been aware of,” Bley said. “I hope that my students walk away knowing that science and math have a place in the real world and even the sports world. Physics is something that will be part of their everyday life for the rest of it so they might want to know something about it.”

Susan Hill, an eighth grade science teacher at North Harford Middle School said, “I volunteered for MWM because I think it’s important to stay on the cutting edge of what’s new in education, and the program sounded like it would meld with my style of teaching. I love inquiry-based activities and cooperative grouping. The technology component was something sorely needed in our science activities, and I was eager to find useful ways to incorporate it.”

Activities in the Sports Material Module

1. Explaining ball design and materials - Students examine the construction of different sports balls. This activity shows students that the design of the balls varies according to how the balls are used in their sport. Students hypothesize why specific materials were chosen for each ball.
2. Measuring the rebound of sports balls - Students drop a variety of sports balls to determine their ability to rebound. They draw conclusions relating rebound to the materials in each ball and to drop height.
3. Investigating energy absorption of materials - Students measure how high a ball bounces from a number of surfaces. Students investigate how materials absorb or return energy. They recognize that energy is absorbed through the deformation of materials.
4. Comparing rolling friction on different surfaces - Students test how different surfaces impede a ball’s ability to roll. They also analyze how far different balls roll across the same surface.
5. Researching Sports Materials - Students use the information gathered through inquiry and apply it to research through design. A formal report is written and presented about the sports equipment design of their choice.

Your health is KUSAHC's goal

Commentary: Taking a look at your mental health

By
JOSEPH C. O'ROURKE
KUSAHC

May is Mental Health Month and a good time to step back and take inventory of our mental health status and those we care about. As the chief of Behavioral Health at Kirk U.S. Army Health Clinic, I am reminded every day that we are an “Army at War” and not all wounds are overtly visible.

In looking at the prevalence of mental disorders in the general population, the National Institute of Mental Health estimates that in the general population “an estimated

26.2 percent of Americans ages 18 and older — about one in four adults — suffer from a diagnosable mental disorder in a given year. When applied to the 2004 U.S. Census residential population estimate for ages 18 and older, this figure translates to 57.7 million people. Mental disorders are the leading cause of disability in the United States and Canada for ages 15 through 44.” (<http://www.nimh.nih.gov/health/statistics/index.shtml>)

Looking “closer to home,” a 2003 Army study concluded that “among active duty military personnel, mental disorders are the leading

cause of hospitalization in men and the second leading cause in women (below pregnancy).” (Hoge CW, Messer SC, Engel CC, Krauss M, Amoroso P, Ryan MAK, Orman DT: Priorities for psychiatric research in the U.S. military: an epidemiological approach. Mil Med 2003; 168:182–185)

The most recent Army Suicide Report says that in 2007 there were 108 suicides, including 29 in Iraq, 4 in Afghanistan, and there were 166 suicide attempts reported as occurring in OIF-OEF. In examining the Mental Health of the Army, the most recent Army Mental Health Advisory

Team V Report found that:

- Soldiers on their third or fourth deployment have significantly lower morale, more mental-health problems and more stress-related work problems.
- Suicide rates remain elevated in both theaters and are above normal Army rates.
- Soldiers who received Battlemind training before deployment reported fewer mental-health problems.

Our focus is not only on the treatment of mental health disorders, but on prevention as well. Here at Aberdeen Proving Ground, we have several programs aimed at helping

Soldiers and Family members:

- The Thursday evening Post Deployment Support Group at the Main Chapel, 6:30 p.m., anonymous and confidential, call 410-278-1755.
- Strong Bonds, call Chaplain (Maj.) Fred C. Townsend, 410-278-8592.
- Chaplains, 410-278-4333
- Kirk Behavioral Health, 410-278-1715
- Military One Source, 800-432-9647
- Health Net, 1-877-874-2273
- Battlemind: http://www.battlemind.org/battlemind_main.html
- VA PTSD treatment programs

Getting behavioral health treatment is easy with TRICARE

TRICARE

TRICARE wants its non-active duty beneficiaries to know that if they need help, there is no reason to hesitate.

Non-active duty beneficiaries may make their first eight outpatient behavioral health care visits per fiscal year (Oct. 1 through Sept. 30) without a referral from a primary care manager or prior authorization from their managed care support contractor.

Family members sometimes avoid getting treatment because they fear it could reflect poorly on the service member.

“TRICARE makes it faster, easier and more private for Families to get treatment by eliminating the referral and authorization process for the first eight visits,” said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity.

“It is important for Families to seek treatment for behavioral health symptoms as early as possible.”

To avoid the 50 percent cost share for behavioral health visits, TRICARE Prime beneficiaries must seek care from a TRICARE network provider, and TRICARE

Overseas Program beneficiaries must seek care from an Overseas Partnership provider. TRICARE Standard beneficiaries are encouraged to seek care from a TRICARE authorized provider to reduce their out-of-pocket expenses.

Beneficiaries may seek help from the following TRICARE authorized behavioral health professionals: Psychiatrists, clinical psychologists, certified psychiatric nurse specialists, clinical social workers and certified marriage and Family therapists.

After the first eight visits, the beneficiary must obtain authorization from their MCSC for additional visits.

An anonymous behavioral health self-assessment aid is available at www.militarymentalhealth.org/chooselang.asp. The Military One Source Web site at www.militaryonesource.com is also useful for resources and information on behavioral health.

For more information about treatment options, providers or prior authorization requirements, visit the mental health and behavioral page, www.tricare.mil.

DoD Military Health System stars as ‘Dot-Mil-Docs’ debuts on BlogTalkRadio

U.S. DoD Military Health System

The Military Health System continues its march into Web 2.0 with the debut of a weekly Internet radio show on BlogTalkRadio. Hosted by the Department of Defense, “Dot-Mil-Docs” broadcasts at www.blogtalkradio.com/Dot-Mil-Docs every Thursday at 3 p.m. (EST).

The MHS is constantly looking for new avenues to communicate and interact with the military community about health, education, research and much more. MHS topics on Dot-Mil-Docs will range from advances in medical research to traumatic brain injury, suicide and adjustment from deployment.

The debut program “What is TRICARE?” featured the chief of TRICARE’s customer communications.

To tune in to this informative new program and to set a reminder for the show, visit www.blogtalkradio.com/Dot-Mil-Docs. Future programs will also offer an opportunity for listeners to call and ask questions.

Web 2.0 is increasingly used by the MHS on www.health.mil. The Web site features debates, news, videos, an “ask the leader” section and the blog of Assistant Secretary of Defense for Health Affairs S. Ward Casscells, M.D.

Several live “Webhall” discussions have already taken place at health.mil with beneficiaries asking questions of senior MHS leadership. Webhall questions and answers are also archived on health.mil for viewing at any time.

KUSAHC Shots

Health classes at KUSAHC

Maj. Kelli Metzger, a registered dietician, will hold health classes at Kirk U.S. Army Health Clinic in the RTC room located in B-6, second hallway to the right, first floor:

Heart Healthy: 8:30 a.m., May 29; Diabetic Nutrition: 10 a.m., May 29; Heart Healthy:

8:30 a.m., June 12; and Weight Management: 10 a.m., June 12.

Classes are open to all military Family members and active duty service members.

For more information or to register, call Tanya Kenney, 410-278-1749.





Spec. Kathrine Schaefer, left, plays a wary Soldier on guard duty as ‘Michael Jackson’ played by Cpl. Amber Jones, right, spooks her with the song ‘Thriller’ during the show’s tribute to the 25th anniversary of the top-selling album.

PhotosTIM HIPPS, FMWRC

Show

From front page

and crew interviews and displaying FMWRC and FMWR logos and promos during the show.

One stand-out number honored the 25th anniversary of Michael Jackson’s ‘Thriller’ with an impressive performance by Cpl. Amber Jones of Fort Bragg, N.C., as Jackson, accompanied by a bevy of ‘ghouls’ who performed the famous ‘Thriller’ dance dancing in synch with the dancers on the original Thriller video which played on the screens at the same time.

Other performances included the North Carolina National Guard’s Spc. Kathrine Schaefer delivering a sassy rendition of AC/DC’s Back In Black; a bouncy red, white and blue tribute to the Andrews Sisters song ‘In the Mood’ by Spc. Joann Usyk of Fort Bragg, Spc. Shirley Dirden of Yong-san, Korea, and Pfc. Casey Long from the Tennessee National Guard; and full cast song and dance performances of the Gospel favorite ‘Set Me Free’ by Myron Butler & Levi as well as the patriotic finale ‘I’m a Soldier.’

Sgt. Luis Rodriguez, an APG Garrison chaplain’s assistant and 2008 first place winner in the APG Talent Search who frequently sings during installation events, joined the cast for the closing number.

Rodriguez said that Earlene Allen, FMWR senior programmer, arranged for him to take the stage with the cast and that he might audition for the 2009 Soldier Show.

At the show’s conclusion, Maj. Gen. Fred D. Robinson Jr., commander of APG and the U.S. Army Research, Development and Engineering Command, thanked the cast and crew for their devotion.

“I can’t thank you enough for serving the nation and for serving your fellow Soldiers,” he said.

After the show, cast members talked about being a part of the show and audience members remarked on the fun evening.

“This is great,” said Spc. Marlaine Cutter, a dental assistant from Fort Stewart, Ga. “You experience a lot of personal growth. There’s a lot of rush-rush backstage but we pretty much have it down pat.”

Jones, who has been dancing since age 7 and acting since she was 12, said she enjoyed rehearsing the ‘Thriller’ segment.

“Our choreographer wanted to incorporate more dance into the show, which was fine with me” she said. “I think everybody got a kick out of it.”

“This is a great experience because you learn a lot about performing and about



From left, Spcs. Joann Usyk, Shirley Dirden and Pfc. Casey Long perform an Andrews Sisters medley as part of the celebration of the U.S. Army Soldier Show’s silver anniversary.

yourself as a performer,” added Sgt. 1st Class Dendre Wright, a computer and intelligence systems operator from Fort Bliss, Texas. “And most important, you meet fellow Soldiers with the same interests,” he said.

Sgt. 1st Class Dwayne Cottoner, Headquarters and Headquarters, 16th Ordnance Battalion, said he “thoroughly enjoyed” his first U.S. Army Soldier Show.

“It was outstanding; a real class act,” he said.

Sharon Moxley, a human resources specialist with the Civilian Personnel Operations

Center agreed.

“I thought it was fantastic,” Moxley said. “Every year it’s something different. The diversity and skills of these Soldiers need to be celebrated. They’re all good enough for [the FOX TV show] American Idol.”

“This was my first show and I really enjoyed it,” said Sherry Compton, a civilian with RDE-COMAcquisition Center. “This was a really talented group. They were unbelievable.”

APG was the first road stop on the show’s six-month tour which consists of more than 90 performances at installa-

tions throughout the United States, Germany, Korea and in SHAPE, Belgium.

Sponsors for the 2008 Soldier Show

For the eighth consecutive year, the Army National Guard is the primary sponsor and partner of the U.S. Army Soldier Show, one of more than 100 programs and services provided to Soldiers and their Families by the Army Family and Morale, Welfare and Recreation Command. AT&T returns as a corporate sponsor for the fifth straight tour and Freedom Team Salute is a first-time partner.

Auditioning for the 2009 U.S. Army Soldier Show

Auditions for the 2009 U.S. Army Soldier Show are open to all Soldiers, active duty, Reserve, Guard, with sufficient time in service remaining. Reserve and Guard Soldiers must be activated for the duration of the tour.

Qualified applicants are screened by a board consisting of industry professionals, BOSS representatives and military community leaders. Candidates are selected not only based on their musical talent, but on their ability to represent the Army in appearance, level of physical fitness and military bearing.

The top candidates are then brought to Fort Belvoir, Va. for a six-day live audition/evaluation process and the cast is selected from this group. In addition, the finalists must pass physical training and drug tests, uniform inspection and a dance audition.

Audio and lighting technicians are selected based on their military and civilian theater experience and training, recommendations and military record.

Once selected to the cast, Soldiers are attached to the FMWRC for duty with U.S. Army Entertainment Division for the duration of the tour.

The cast and technical crew spend six weeks in rehearsal at Fort Belvoir before going on tour. This year’s tour consists of 91 performances at military installations throughout the U.S. and in SHAPE, Belgium, Germany and Korea, before returning to Fort Belvoir.

For instructions or more information about auditioning for the 2009 U.S. Army Soldier Show, visit www.armyentertainment.net.

Volunteer Ambassadors

The Freedom Team Salute program depends on an important team of volunteer ambassadors to represent the program within organizations and/or acting as a local point of contact for the program. Ambassadors create opportunities for all Army veterans and provide Army Soldiers active, Guard and Reserve with the opportunity to support them.

What are the eligibility requirements?

Ambassadors help recognize Army veterans for their service and honor the influence of Soldiers’ parents, spouses and civilian employers. In addition, Freedom Team Salute Ambassadors display a willingness to seek out

opportunities in which local organizers can include Freedom Team Salute in their events. They may strengthen existing connections to the local veteran/Soldier community.

What is the level of effort that will be required?

The level of effort is up to the individual. Volunteers are asked to keep in touch with Freedom Team program management staff in the Washington, D.C. area. The program is here to assist all aspects of your efforts and is eager to hear and share your success. Opportunities include but are not limited to retirement ceremonies, dinners, deployments, or homecomings – wherever you can.

Freedom Team Salute

<http://freedomteamsalute.com>

A short tribute to service members in the APG community, sponsored by the show’s newest sponsor, Freedom Team Salute, was held on stage prior to the start of the U.S. Army Soldier Show April 27.

Maj. Gen. Fred D. Robinson Jr., commander of APG and the U.S. Army Research, Development and Engineering Command, presented Freedom Team Salute commendation packages to Spc. Brandon Reed, a Soldier with Kirk U.S. Army Health Clinic who recently returned from deployment; Staff Sgt. John R. Bostic Jr., U.S. Army Ordnance Center and Schools Instructor of the Year; and Vietnam veteran, the former Spc. W. Herbert Harkins of Forest Hill.

Freedom Team Salute is an official program sponsored by the Secretary of the Army and the Army Chief of Staff. The program gives active duty, Reserve and National Guard Soldiers the opportunity to recognize and honor a parent’s service, a spouse’s commitment and an employer’s long-standing support with a commendation package tailored to their contribution.

Freedom Team Salute also gives everyone the opportunity to recognize Army veterans with a commendation package for their dedicated service and continued support of today’s Soldiers.

Anyone in the general public as well as all service members can submit the names of an unlimited number of U.S. Army veterans to Freedom Team Salute by registering on the Web site and submitting a name. Commendations will be delivered in four to six weeks.

Recipients of a Freedom Team Salute Commendation package will receive an official Army lapel pin, official Army decal and a Certificate of Appreciation and Letter of Thanks signed by the Army Chief of Staff and Secretary of the Army.

In addition, parents receive ‘Proud Parent of a Soldier’ bumper stickers.

Recipients also receive the Freedom Team Salute newsletter that has a circulation of about 1 million.

Col. David Griffith, FTS director, said that 1.2 million people have been recognized to date.

“The Freedom Team Salute is all about supporting the people who support our Army,” Griffith said, adding that parents, spouses and employers of our active, reserve and National Guard Soldiers are a vital component of the Army mission.

“We couldn’t accomplish our mission without those folks,” he said.

The program began in 2005 with the purpose of reaching out to the community to give Soldiers and others the opportunity to recognize their parents, he added, and the program has united with the Soldier Show to help get the word out.

“Anyone can recognize an unlimited number of discharged Army veterans through this program,” Griffith said. “It costs nothing but your time.”

He said that the program receives help from Army communities through its Ambassador Program.

Volunteer ambassadors act as a local point of contact for the program and look for ways to create opportunities to honor Army veterans as well as ways to provide Soldiers with the opportunity to recognize those who support them.

“Currently there are five-hundred ambassadors in the fifty states and in seven foreign countries,” Griffith said, adding, “only four percent are Soldiers, and we want to encourage more Soldiers to become ambassadors.”

Opportunities to recognize individuals include civic gatherings, such as Veterans or Memorial Day parades; sporting events; milestone events such as a 50th birthday party or retirement from government service, or for no special reason at all.

“The whole point is to say ‘Thank You’ for your support, service or sacrifice,” Griffith said.

To submit a name or names for Freedom Team Salute commendations, simply register and log in to the Web site at <http://www.freedomteamsalute.com>.

“Veterans have really embraced the program,” Griffith said. “Although we’ve recognized more than a million people already, we know there’s about seventeen million Soldiers, parents, spouses and employers out there who are just as deserving and we encourage everyone to visit the Web site to send them a special ‘Thank You.’”

Freedom Team Salute is funded through the Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs (M&RA). It is not a fund-raising project and there is no cost to participate.

Through Freedom Team Salute, anyone can honor a U.S. Army veteran and active duty, Reserve and National Guard Soldiers can honor their parents, spouses and employers.

For more information, to register or to volunteer to be a Freedom Team Salute ambassador, visit the Web site, <http://www.freedomteamsalute.com>, e-mail FreedomTeamSalute@hqda.army.mil, or write: Freedom Team Salute, 2641 Eisenhower Avenue, Room 1406, Alexandria, VA 22331-0009.

Freedom Team Salute

Freedom Team Salute is an official program sponsored by the Secretary of the Army and the Army Chief of Staff to recognize and pay honor to Army Soldiers and veterans, active, Reserve and National Guard. The program is funded through the Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs (M&RA).

Freedom Team Salute gives everyone the opportunity to recognize U.S. Army Veterans for their service with an official commendation for their dedicated service and continued support of today’s Soldiers. The general public and civilians, as well as all service members, can submit the names of an unlimited number of U.S. Army Veterans to Freedom Team Salute.

After you register and log in, you can submit someone’s name and they will receive a Freedom Team Salute Commendation in four to six weeks.

Freedom Team Salute is not a fund-raising project and there is no cost to participate. Anyone can honor a Soldier and National Guard and Reserve Soldiers can honor their parents, spouse or employer.

Recipients of a Freedom Team Salute Commendation package receive an Army Lapel Pin, Army decal, Certificate of Appreciation signed by both the Army Chief of Staff and Secretary of the Army; Letter of Thanks signed by the Army Chief of Staff and the Secretary of the Army.

The Freedom Team Salute Opportunity

Freedom Team Salute gives Active Duty, Reserve and National Guard Soldiers the opportunity to recognize and honor a parent’s service, a spouse’s commitment, and an employer’s long-standing support with a Commendation tailored to their contribution.